

Spotlight

Mayor's Office
for Senior Citizens

A publication
of Seattle's
Human Services
Department

SPRING 2005

Let Your Family History Take You Places

By Mayor Greg Nickels

It's amazing where a little family history can take you.

Last summer I had the opportunity to visit Dixon, Ill., the Petunia City, a small town 100 miles west of Chicago where my mother was born and raised. Petunias line every principal street in Dixon. Originally a beautification project of the Dixon Men's Garden Club, 15,000 Dixon residents of all ages now care for the flowers and celebrate their glory at a five-day Petunia Festival held over the 4th of July weekend. This remarkable community-building effort has spanned the better part of 50 years.

Despite the torrential downpour and cacophonous Midwest thunderstorm that accompanied my visit, I am grateful that genealogy led me to visit that fine little town. I have studied my family history for years, and that glimpse at my roots meant a lot to me. I even had a chance to visit my great-great-grandparents' gravesite.



My great-great-grandfather, Daniel Bates McKenney, settled in Dixon in the mid 1830s. That was about the same time a local blacksmith named John Deere forged his first steel plow and 80 years before a young Ronald Reagan moved there with his family.

D.B. McKenney was my great-great grandfather.

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Seattle Family History Resources

Federal Archives & Records Center

6125 Sand Point Way NE

(206) 526-6500

www.archives.gov/facilities/wa/seattle.html

HistoryLink

www.historylink.org

Museum of History and Industry

2700 24th Ave East

(206) 324-1126

www.seattlehistory.org

Recorders Office (marriage and property records)

311 King County Administration Bldg

500 4th Avenue

(206) 296-1570

www.metrokc.gov/recelec/records/

Seattle Community Colleges

Senior Adult Education Programs

(see article on lifelong learning in this newsletter)

Seattle Genealogical Society

6200 Sand Point Way NE #101

(206) 522-8658

MORE RESOURCES ON PAGE 3



Col. Nathan Whitney was the oldest living Mason in the world.

Daniel married the daughter of Col. Nathan Whitney, an orchardist and nurseryman who served on the first County Commission in Lee County in 1839. Before he died in 1891, at age 100, he was the oldest living Mason in the world.

Two generations later, in 1922, my grandfather, George McKenney, married Helen Ryan in Dixon. Ronald Reagan was 11 years old at the time. George and Helen's daughter, Kathleen, married Robert Charles Nickels of Chicago in 1954. Kathie and R.C. are my parents.

I know many Seattleites feel the same way I do about family and cultural histories. Some avid genealogists work to document a never-ending puzzle of family connections. Others, curious about their roots, don't know where to start.

In Seattle, resources for tracing family trees are plentiful, and the pursuit of history can take you many places you've never been before.

My father and I have shared wonderful visits to the Federal Archives and Record Center on Sand Point Way, where we've found a wealth of material for our family tree — federal census

data, military service and immigration records, photographs, and maps.

Our own Seattle Public Library and the University of Washington's Suzzallo Library offer local history through newspaper archives, old city directories, territory census records, and photographs. The City Clerk's office hosts the Municipal Archives, a collection of city records and photographs dating from the 1870s to present.

A number of local organizations assist residents in recording oral histories and the Museum of History and Industry maintains a searchable index to oral histories held by local heritage organi-

zations and libraries. If you want to browse through Seattle's history, a local organization called HistoryLink.org records accounts based on oral histories, interviews, news stories, and memoirs on the Internet.

Both North and South Seattle Community Colleges offer genealogy and life story classes through their continuing education programs, as do the Seattle Genealogical Society and several local senior centers.

I encourage you to trace your own family tree and record your own history. You may find yourself investigating wonderful new places in Seattle, and perhaps other parts of the world as well.



Colonel Whitney, his son, grandson and great-grandson.

Seattle Family History Resources

CONTINUED FROM PAGE 1

Seattle Municipal Archives

Office of the City Clerk
600 4th Avenue, 3rd floor
www.seattle.gov/CityArchives/
(206) 233-7807

Seattle Public Library

1000 Fourth Avenue
(206) 386-4629 (Genealogy Section)
www.spl.lib.wa.us

Suzzallo Library

University of Washington Campus
www.lib.washington.edu/subject/History/tm/geneal.html

Vital Statistics (birth and death records)

214 King County Administration Bldg
500 4th Avenue
206-296-4768
www.metrokc.gov/health/vital%5Fst/



Lifetime Learning Center: A School for Senior Adults

By Dorie Warbington

It started as a dream, grew into a vision and became a reality for thousands of older adults with hungry minds. The Lifetime Learning Center (LLC) is a school for lively folks age 50 and older, a place for new beginnings, new learnings, new friends and new energy.

Founded in 1976 by teachers Doris Olson Warbington and Rosemary Powers with social worker named Bob Gardner, LLC was originally an ecumenical project sponsored by Sacred Heart Catholic Church and Gethsemane Lutheran Church. It became a nonprofit corporation in 1981 and celebrated its silver anniversary in 2001 in its present site at 6208 60th Avenue NE, near Magnuson Park.

From the 150 who signed up initially in 1976, enrollment has grown consistently and exponentially. Students return year after year to feast on more than 30 courses offered each week and each quarter — college-level courses with low tuition, no credit, no exams or grades, taught by a highly educated volunteer faculty.

Courses at LLC have always been academically sound and issue-oriented. Titles include Shakespeare's Hamlet, Understand Great Music, Classic Comedies in Film, Belief and Sexuality, History of Black Americans, and Basic Computing.

LLC students have a love of learning and a drive to explore questions, exchange ideas, experiences and skills. They challenge the status quo, clarify values, serve their community and never abandon the "why?" of life.

To learn more about this place for people who love to learn, call (206) 985-3904.

*Dorie O. Warbington, M.A.,
M.A.V. is the co-founder of
Lifetime Learning Center.
She is presently on the
faculty of Shoreline
Community College.*



Above: On the canopy tour, Mike, Corenne and other tourists stand on a platform.

Right: Mike and Corenne prepare themselves for the canopy tour in Costa Rica.



Below: In Santa Clara, Cubans travel on a horse-drawn bus.



Take a Trip with Elderhostel

By Mike McBeth

My wife, Corenne, and I had traveled extensively over the years, but always independently. We avoided tours due to the cost and the fear of losing the freedom and flexibility we had always enjoyed in our prior trips. When we discovered Elderhostel several years ago, my major concerns about organized tours quickly disappeared.

In 2001, we took an Elderhostel tour to Costa Rica. In 2003, we went with them to Cuba. Both trips far exceeded our expectations and made us enthusiastic supporters of Elderhostel.

The educational factor has always been the key to our love of travel and Elderhostel offers thousands of exciting learning programs each year. Founded in 1975, Elderhostel is the nation's first and the world's largest education and travel organization for adults 55 and over. It now offers more than 10,000 programs annually in more than 100 countries around the world.

Many may think that Elderhostel provides only spartan accommodations. At one time, college dormitory rooms were commonly used, but no more. Our lodgings have varied from an older elegant hotel in downtown Havana to rooms at a hacienda in northern Costa Rica where a Toucan drank soda water out of our cups.

We have found that Elderhostel offers real value. For example, our two-week trip to Costa Rica in 2001 cost approximately \$2,450 per person, including roundtrip airfare between Seattle and San Jose.

The people you meet on these tours are among the highlights. Elderhostelers are usually intellectually active and well-traveled individuals who share fascinating stories and perspectives over meals together during the trip. Most travel as couples, but singles are common and fit right in.

There were 18 in our Costa Rica group and 25 with us in Cuba. By the end of each tour, we had formed many new friendships. Both tour guides were friendly and extremely knowledgeable and the local experts on animal and plant



Corenne enjoys a moment with a Toucan.

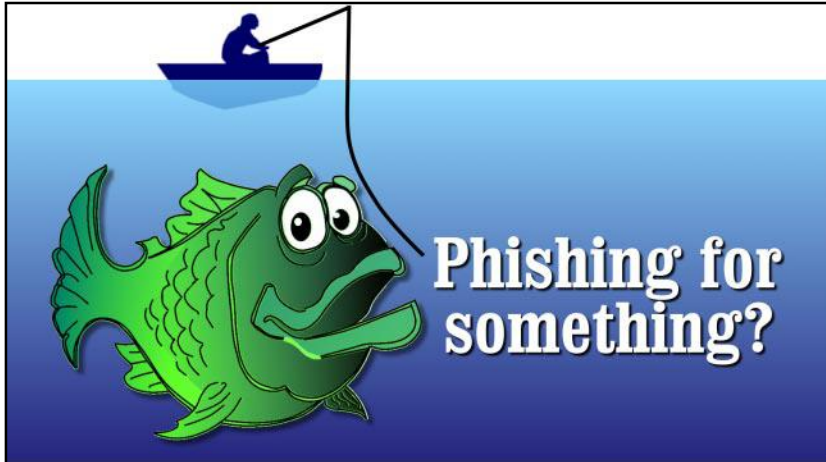
life, history, economics and religion were outstanding. One was a former president of Costa Rica.

Elderhostel offers both domestic and international trips and, while the tours take in many sites, free time is always provided so you can wander around on your own. In addition to its traditional programs, Elderhostel offers active outdoor programs (bicycling, backpacking, kayaking, etc.), birding, creative workshops and even intergenerational trips that you can

share with your grandchildren.

I encourage you to look into Elderhostel's wonderful programs. For more information, call (877) 426-8056 or check out their website at www.elderhostel.org. Have fun!

Seniors Warned About Computer “Phishing”



Eighty percent of adults in Seattle currently have Internet access and use e-mail on a daily basis. As e-mail use grows, so do opportunities for scam artists. One of their scams is commonly called “phishing.”

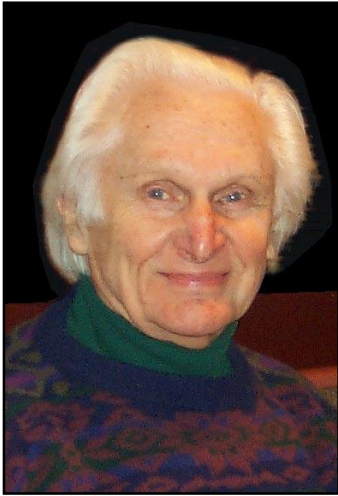
“Phishing” is computer fraud that happens when a victim receives an unsolicited e-mail that appears to be from a legitimate business and that links to a legitimate looking Web site. It might look like a bank Web site or even a utility Web site. The victim is

encouraged to enter personal information such as credit card numbers and expiration dates. But it’s not a real business or utility Web site, and crooks steal the credit card information.

The City of Seattle will never request confidential personal or financial information via an unsolicited e-mail or via a link within an e-mail. If you receive such an e-mail, contact the Citizens Service Bureau at www.seattle.gov/CitizenService/ or call (206) 684-CITY so the message can be traced.

Toastmasters Testament to Lifelong Learning

By Irene Stewart, Mayor's Office for Senior Citizens



Vic Groening completed the STP bike ride 13 times after age 65.



TOASTMASTERS INTERNATIONAL

Toastmasters, an international organization with clubs in 89 countries, provides public speaking and leadership training. There are 50 Toastmasters clubs in Seattle.

To find a Toastmasters meeting near you, go to www.toastmasters-d2.org on the Web, send e-mail to District2Gov@toastmasters-d2.org or call the Seattle Public Library Quick Information line at (206) 386-4636.

Surveys tell us that Americans fear public speaking more than they fear death. So what would make three men in their mid-80s gather every week at seven in the morning to give speeches?

Vic Groening, Bob Confer and George Manwaring — the three men in question — are friends of mine. I met them in August 1998 when I attended my first meeting with the West Seattle Earlybirds Toastmasters. The Earlybirds meet every Friday at 7 a.m. Vic, Bob and George have been meeting like that for the better part of 50 years.

Toastmasters learn how to speak effectively, conduct a meeting, manage a department or business, lead, delegate, and motivate. The Earlybirds is an exceptional club that has provided lifelong alliances. New alliances form regularly, thanks to Vic, Bob, and George.

In July 2000, at age 81, Vic rode in his 13th Seattle-to-Portland (STP) bike ride. He began cycling in his mid-50s, rode his first STP at age 65, completing the 200-mile ride in one day. He still rides more than 5,000 miles each year. Vic's white hair and purple cycling shirt with white polka dots make him easy to spot.

Vic also completes 100 pushups every day, and once presented a speech while doing pushups. He says there are no secrets to staying young, just eat a bowl of oatmeal in the morning, get in shape and keep it that way for the rest of your life.

Bob stays current on local, state and national politics, loves a good political debate, and gives speeches about ways in which the world is changing and improving — despite his disenchantment with certain political leaders. He reads and travels abroad, most recently to Costa Rica.

An avid downhill skier and photographer, George produces works of art at high altitudes. He recalls his earliest years with clarity, traveling with his father, a train conductor. He thoroughly enjoyed his career as a pen salesman, and retired only a few years ago. George and his wife, Jean, attend the theatre, opera, and school and community events.

The three men remember the year that a woman — one of George's daughters — joined their Toastmasters club, causing another member to quit. Vic says it was because members were afraid they couldn't tell off-color jokes any longer. He thinks that "women tell the very best jokes." They have been delighted with the influx of men and women of all ages who have joined the club in recent years.

Vic, Bob and George keep coming back to Toastmasters because they are curious about other people, they enjoy learning and they love life. Younger members keep coming back because they have wonderful role models in Vic, Bob and George.

Seattle Community Colleges

North Seattle Community College

Senior Adult Education Program
(206) 527-3783

www.northseattle.edu/senior/

Seattle Central Community College

Community Education Program
(206) 587-5448

www.learnatcentral.org

South Seattle Community College

Senior Adult Programs

(206) 768-6895

www.southseattle.edu/programs/senior.htm

Lifelong Learning at the Seattle Community Colleges

By Luisa Motten, South Seattle Community College

"Lifelong learning classes allow you to keep exercising your mind," says South Seattle Community College instructor Jim Lockerbie.

Lockerbie enjoys the camaraderie in the U.S. and World History 1680 to 1945 class that meets each week at the West Seattle Senior Center.

"People's life experiences never fail to add richness to class discussions and participants look forward to gathering each week," Lockerbie says. Students come from around the city for his well-crafted, engaging presentations. They return quarter after quarter for the next installment and to see the friends they have made.

Lockerbie's class is one of many presented by South Seattle Community College's Senior Adult Education program. All three Seattle community colleges offer a variety of educational opportunities for seniors, including financial planning, writing your life story, and genealogy.

Many seniors also sign up for Continuing Education classes to learn a new skill or try something they have always

wanted to do — using your new digital camera, sending e-mail, learning to make sushi, drawing, pottery, and swing dancing, to name just a few of the classes.

Continuing Education and Senior Adult Education classes have no papers or exams. Seniors get to enjoy learning in their own way.

In addition to these classes, Washington state residents 60 years and older are eligible to audit or take for credit the credit classes at any of the Seattle Community Colleges on a space available basis. Registration is only \$5 per class plus any

other fees associated with the class.

The Seattle Community Colleges offer a wide array of lectures and music concerts as well as travel programs. For instance, South Seattle Community College offers a Tuesday Travel series that highlights tips on traveling — overseas, cruising, by RV and by train.

The options for lifelong learning at a community college campus near you are endless. Wherever you attend and whatever class you choose, be warned — the discussion will be lively.



Seniors enjoying learning at a genealogy class.

Umoja Scholars Inherit the Wisdom of the Ages

The word Umoja — meaning unity of family, community, nation, and people — sets the tone for the community learning center located at Seattle’s African American Academy, a K-8 public school on South Beacon Hill.

The Umoja Community Learning Center leverages school, family, and community resources to support after-school programming, increase academic achievement and strengthen families. A citywide program called Intergenerational Dialogues helps the Center’s scholars engage with community elders.

“Scholars are joining with elders from the community, their own grandparents and grandfriends, to inherit the wisdom of the ages,” said AmeriCorps member Mari Becker, who coordinates Intergenerational Dialogues at Umoja on behalf of Emerald City Outreach Ministries. “Seniors sharing stories, knowledge and skills spark in scholars a new enthusiasm for their heritage and past.”

An after-school event last fall featured 81-year-old Joanie, a professional clown and former Broadway singer. Joanie talked about achieving your dreams while transforming herself into Happy, her clown character.

In the Dramatic Reading class, elders talk to the scholars about world cultures. In November, Betty Wilson read about Sacagawea and discussed Native American history. An Irish native, Mary Shrievan, talked about Irish collectibles and demonstrated some traditional dance steps.



Intergenerational Dialogues

Intergenerational Innovations, a nonprofit community organization, helps connect children, youth, and elders in volunteer service.

Intergenerational Dialogues, a key program co-sponsored by the Mayor’s Office for Senior Citizens, coordinates classroom presentations, performances, assemblies, and small group conversations involving elders and children in schools throughout Seattle.

Intergenerational Dialogues strengthen and deepen learning and understanding for both children and elders; promote intergenerational respect, caring, and cooperation; honor each generation’s values and perspectives; and support teachers in meeting academic standards.

AmeriCorps members serve as program coordinators, working with schools, senior centers, and nonprofit organizations to develop partnerships, recruit volunteers, and oversee programs.

To participate in Intergenerational Dialogues, contact coordinator Cara Gilbert, an AmeriCorps member in the Mayor’s Office for Senior Citizens, at (206) 386-1023 or cara.gilbert@seattle.gov.

Japanese elder Midori Thiel shared her calligraphy talent with the Creative Arts class. Another elder helped Swahili Club scholars learning Swahili proverbs.

Joseph Spiegner, a member of Tent City, talked with scholars about the homeless situation in Seattle before they conducted a joint food drive with students from Wing Luke Elementary. The two schools collected 375 items of food for St. Mary's Food Bank.

James Wray spoke to the Umoja Boys Club about his experience in life, work, and coaching soccer, while giving the scholars valuable insight into future planning and career choices. Former teacher Bev Kelly has joined the Girls Club several times to mentor scholars.

Seven members of Park Place Assisted Living joined scholars for holiday cookie decorating and poetry reading. Together, they decorated cookies to give to families and friends at the Southeast Senior Gathering.

You won't hear the term "student" at the African American Academy because everyone who attends is a scholar. The acronym SCHOLAR means Smart, Confident, Hardworking, Original, Love, Attitude, and Responsible.

"Mari's efforts have truly been a blessing to the scholars and families at AAA and to me personally, to see her energy and the results of her fantastic work," said Tracie Wells, Umoja program director. "It has added an immeasurably positive dimension to our program at the African American Academy."

For more information about intergeneration activities and volunteer opportunities at the Umoja Community Learning Center, contact Mari Becker, Emerald City Outreach Ministries, at (206)722-2052 ext 210.

Low-flow Toilets Conserve Water

With a statewide drought emergency, we are all looking for ways to reduce water use. Toilets are the biggest water-user in most homes. Replacing your old toilets is one of the best ways to reduce indoor water use.

Toilets manufactured after 1993 are all "low flow" models. Replacement of older toilets with new models can save a family of four up to 24,000 gallons of water and \$140 each year. New toilets cost approximately \$180, plus the cost of installation, which is recouped in savings over two years.

For some homeowners, that cost is prohibitive. That's why the Mayor's Office for Senior Citizens is collaborating with Seattle Public

Community Learning Centers

Seventeen public schools in Seattle have community learning centers that provide students with an array of enriching activities throughout the year. Arts, computer classes, sports, fitness, and tutoring help the students discover their passions, experience success and reinforce learning.

Close contact with a caring adult is a key component of student success. By collaborating with the school and teachers, Community Learning Center staff, parents and volunteers help to reinforce classroom learning.

Many Centers offer learning opportunities for adults as well, including technology access and English as a Second Language. Each Community Learning Center is a hub of lifelong learning for the local community.

To volunteer at a Community Learning Center, contact Sara Tenney-Espinosa, Seattle Public Schools, at (206) 252-0125 or stespino@seattleschools.org.

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Spring/Summer Special Events 2005

Northwest Chamber Orchestra

Chopin Extravaganza
— Sunday, April 10

English Eccentrics
(and the Eroica!) —
Sunday, May 15

Join the Northwest Chamber Orchestra and Seattle Parks and Recreation for Chopin, Beethoven and more! Cost for each performance is \$15.00. No transportation provided. A Seattle Parks and Recreation volunteer will meet you inside the theater at the bottom of the stairs. Note: Registration begins March 21st at 8:00 a.m. Make checks payable to Senior Adult Programs, 8061 Densmore Ave N, Seattle, WA 98103. Checks must be received by April 5 for Chopin and May 10 for English Eccentrics.

Place: Illsley Ball Nordstrom Hall at Benaroya Hall, 3rd & Union, in downtown Seattle

RSVP: Call Seattle Parks and Recreation Senior Adult Programs at (206) 684-4951.

Age 55+ Job Club

Thursday, April 28;
Wednesday, May 18;
Wednesday, June 15

Are you 55+ and looking for work? Whether you have previous work experience or are a new entrant into the job market, you'll find something of value at Job Club, a monthly employment workshop for older adults sponsored by the Mayor's Office for Senior Citizens. Job counselors are committed to helping you find the right job. They can answer your questions about your job search, with information about Title V senior community service employment, resources, referrals, job lists, and more.

Time: 10:30 a.m.–12 noon

Place: Alaska Building, Elliott Bay Room, 618 2nd Avenue, 15th floor

Info: Call the Mayor's Office for Senior Citizens at (206) 684-0500.

WA Alliance for Healthy Aging Summit

Wednesday, May 4

If you are involved in healthy aging activities in Washington and would like to share information about your work, discuss the needs of our aging population, or explore working more closely with others, attend the 3rd annual Healthy Aging Summit. Dr. David Sobel, director of patient education and health promotion for Kaiser Permanente Northern California and co-author of seven books on healthy aging, is the keynote speaker. The event will also feature local experts and state legislators, who will discuss how the aging, public health, and community planning systems work together to foster healthy aging.

Place: Tukwila Community Center, 12424 42nd Ave S from 8:45 a.m. to 3:00 p.m.

RSVP: Call Comprehensive Health Education Foundation (CHEF) at (206) 824-2907 or register at www.chef.org/events/waha.php

6th Annual Senior Day at the Aquarium

Sunday, May 15

Join the Mayor's Office for Senior Citizens and Seattle Parks Senior Adult Programs for the annual senior lunch and walk-through at Seattle's world-class aquarium. Admission and box lunch are free. Parking is limited and transportation is not provided; call Metro at (206) 533-3000 for bus information. Note: Space is limited and advance registration is required. Admission is on a first-call/first-serve basis. Make your reservation starting April 18 at 8 a.m. and ending May 6 at 4 p.m., or when full.

Time: 10 a.m.–2 p.m.

Place: Seattle Aquarium, Pier 59, 1483 Alaskan Way

RSVP: Call Seattle Parks and Recreation Senior Adult Program at (206) 684-4951.

Arthritis & You: Community Health Forum

Tuesday, May 24

A panel of Group Health experts will provide information on various forms of arthritis, recommended treatments, medication updates, and more at this free forum.

Speakers include Fred Heidrich, MD, family practice; John Eggert, MD, rheumatology; and Charles F. Jung, MD, orthopedics. Reservations recommended; ask about parking options.

Time: 10 a.m.–12 noon

Place:

The Hearthstone Chapel
6720 Green Lake Way
North

RSVP: Call the Group Health Resource Line at (206) 326-2800.

Greater Seattle Senior Games 2005

**Friday, June 24–
Sunday, June 26**

Anybody for a game of badminton, basketball, bowling, golf, pickle ball, swimming, table tennis, soccer or volleyball? How about ballroom dance, cycling, or power lifting? If you are a mature amateur athlete, the Greater Seattle Senior Games may be for you! The Games are open to men and women who are age 50 and better by June 24, 2005. You can participate in as many events as your time and the game schedule permits. There will be awards for the top three places in each age division. Grab life and go ... get in the games!

Place: Garfield Community Center, Garfield High School, and other sports and recreation facilities in Seattle

Info: Call Seattle Parks and Recreation at (206) 684-4240 or go to www.seattle.gov/parks/Seniors/games.htm on the Web.

Oldtimers Picnic

Tuesday, August 23

Seniors are invited to a free lunch, free admission, and a day of fun at the zoo.

Space is limited; reservations are required. Note: Do not use your Gold Card for this event. We have special tickets. Groups are limited to 20 people maximum.

Make your reservations starting July 11 at 8 a.m. (closes July 29 at 4 p.m. or when full).

Time: 11 a.m.–2 p.m.

Place: Woodland Park Zoo, 5500 Phinney Avenue N

RSVP: Call Seattle Parks and Recreation Senior Adult Program at (206) 684-4951.

Seniors Training Seniors in Computer Basics

Class scheduling on-going

Learn computer basics and more in small classes taught by computer-savvy senior citizens offered at sites all over Seattle. Topics include computer basics, e-mail, file management, Word, Excel, and photo editing. Pre-registration is required. Class costs vary, averaging \$15 each. Call for information on classes near you.

Info: Call Patti-lyn Bell, Mayor's Office for Senior Citizens, (206) 684-0639 or send e-mail to patricia.bell@seattle.gov

Computer classes for seniors are offered at locations across the city. Call (206) 684-0639 for more information.



Low-flow Toilets Conserve Water

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Utilities and Senior Services of Seattle/King County's Minor Home Repair program on a water conservation project that can provide low-income households with free toilets. The toilets offered by Seattle Public Utilities flush well, help conserve water during the drought, help preserve water for salmon, and save money.

If you meet the following criteria and income guidelines, you can qualify for two free toilets, toilet installation, and new showerheads and aerators:

- You are a Seattle homeowner of any age.
- You currently live in the home you own.
- Your existing toilets were manufactured before 1993.
- You meet specific income guidelines shown here.

INCOME GUIDELINES

Household Size	Annual Income	Monthly Income	Household Size	Annual Income	Monthly Income
1	\$16,350	\$1,363	4	\$23,350	\$1,946
2	\$18,700	\$1,558	5	\$25,250	\$2,104
3	\$21,050	\$1,754	6	\$27,100	\$2,258

For more information about free toilets, call Minor Home Repair at (206) 448-5751.

Spotlight

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The Mayor's Office for Senior Citizens, part of Seattle/King County Aging and Disability Services and the Seattle Human Services Department, complies with all federal, state, and local laws prohibiting discrimination.

Accommodations for persons with disabilities will be provided upon request.

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Read the latest edition of **Spotlight**, the Mayor's Office for Senior Citizens' newsletter. In this issue:

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Community Colleges

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Upcoming events

And more!